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Abstract

Adult Attachment and Marital Satisfaction

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Research on adult attachment is guided by the assumption that the same motivational system that gives rise to the close emotional bond between parents and their children is responsible for the bond that develops between adults in emotionally intimate relationships. This study examined the relationship between Adult Attachment; Attachment Avoidance and Attachment Anxiety and Marital Satisfaction; Satisfaction, Cohesion, Consensus, and Affectional Expression, among married police officer in Sarawak Contingent Police Headquarters, Kuching, Sarawak Malaysia. A correlational research design was used in this study to address the research objectives. Two questionnaires were employed; Experience in Close Relationship (ECR) and Dyadic in Adjustment Scale (DAS). The finding indicated that there was a negative significant relationship between adult attachment and marital satisfaction. The findings of this study may lead to the identification of helpful and unhelpful interpersonal strategies used by the organisations. It is proposed that this research can make a contribution towards relevant intervention programs to facilitate support for married couples by emphasizing the importance of the attachment.

Keywords: Adult Attachment, Attachment Avoidance, Attachment Anxiety, Marital Satisfaction.